EXTENDED WRITING: PHOBIAS AND FEARS

B2 | Adults / Teens | Discussion Writing | 20–30 minutes | Set 2

Write developed answers. Support your ideas with reasons, examples, or a personal experience.

1. Do you have any phobias or strong fears?

2. How can someone overcome a phobia?

3. Do people in your country sometimes fear or distrust outsiders? Why?

4. What is one common phobia, and why might it be common?

5. Do you know anybody with an irrational fear?

6. Are you superstitious? Which superstitions do you believe in?

7. What was your biggest fear as a child?

8. Why are some people less afraid than others?

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Possible B2 answers: Notice how each response gives a clear idea and support.

1. Do you have any phobias or strong fears?

Example: I do not have a severe phobia, but I dislike situations where I can't see clearly what is happening. Recognising a fear is often the first step towards managing it.

2. How can someone overcome a phobia?

Example: A qualified therapist can help someone work on a phobia, often through gradual, supported exposure. I wouldn't force a frightened friend into a situation; I'd encourage them to seek appropriate help.

3. Do people in your country sometimes fear or distrust outsiders? Why?

Example: Some people distrust outsiders when they have little direct contact with different communities. Education and positive everyday interaction can reduce stereotypes.

4. What is one common phobia, and why might it be common?

Example: Fear of heights is one common example. I think the possibility of falling helps explain it, although ordinary caution near a high edge isn't necessarily a phobia.

5. Do you know anybody with an irrational fear?

Example: I know someone who is very uncomfortable around harmless insects. They understand the fear is irrational, but the physical reaction is still genuine.

6. Are you superstitious? Which superstitions do you believe in?

Example: I am not very superstitious, although I understand why rituals can make people feel more in control during uncertain situations.

7. What was your biggest fear as a child?

Example: As a child, I was most afraid of being separated from my family in an unfamiliar place. That fear became less powerful as I gained independence.

8. Why are some people less afraid than others?

Example: Some people have a calmer temperament, more experience or better coping skills. Being less afraid does not necessarily mean that someone takes careless risks.